

*For more information,  
and free support services,  
visit [www.thyca.org](http://www.thyca.org)*

- Visit our web site for more information about thyroid cancer treatment, research, and ThyCa's free support groups and other free support services, special events, and publications.
- ThyCa's web site has more than 650 pages, as well as links to more than 100 related medical web sites, organizations, and publications.
- More than 50 distinguished physician specialists, plus many other specialists, provide ongoing input and review for the web site's medical information.
- Numerous free downloadable publications are available on ThyCa's web site. These include the *Low-Iodine Cookbook*, thyroid cancer awareness flyers, fact sheets about thyroid cancer, materials in Spanish, and more.

### ***How To Help***

- Give Thyroid Cancer Awareness brochures to your friends and relatives. Help raise awareness of thyroid cancer and the importance of early detection, treatment, and lifelong follow-up. Tell them about ThyCa's free support services, educational events, and web site.
- Become a ThyCa volunteer
- Become a ThyCa member
- Donate to our Rally for Research 2009
- Spread the word about the  
***12th International Thyroid Cancer Survivors' Conference***  
**October 16-18, 2009 • Boston, Massachusetts**
- To find out more, visit the "How To Help" section of our web site [www.thyca.org](http://www.thyca.org)



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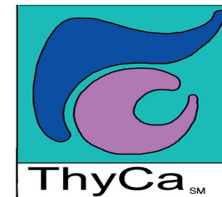
# *Welcome to the* **Thyroid Cancer Survivors' New Jersey Workshop**

**Saturday, April 18, 2009**

**FREE**

**9 a.m. - 2:30 p.m.**

South Jersey Healthcare Fitness Connection  
1430 West Sherman Avenue, Vineland, NJ 08360



*Organized by the ThyCa Southern New Jersey Support Group  
Sponsored by:*

**ThyCa: Thyroid Cancer  
Survivors' Association, Inc.<sup>SM</sup>**  
**[www.thyca.org](http://www.thyca.org)**

*A national nonprofit 501(c)(3) organization of thyroid cancer  
survivors, family members, and health care professionals.*  
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E-mail: [thyca@thyca.org](mailto:thyca@thyca.org)

# Thyroid Cancer Survivors' New Jersey Workshop

Saturday, April 18, 2009

## *Thank you to*

### *...our Speakers*

**Andrew Steven Heller, M.D.**, Surgeon, South Jersey Healthcare/ Regional Medical Center in Vineland, NJ, and Kessler Memorial Hospital, Hammonton, NJ. Dr. Heller is certified by the American Board of Surgery, American Board of Thoracic Surgery, and American Registry of Diagnostic Medical Sonographers. He is Assistant Clinical Professor in the Department of Surgery UMDNJ/Robert Wood Johnson School at Camden, NJ

**Glenda Smith, M.D.** Attending Radiation Oncologist, South Jersey Healthcare System since 2000. Previously she spent 9 years at Temple University as Assistant Professor of Radiation Oncology. She is certified by the American Board of Radiology.

**Brittany Raup**, Personal Trainer, South Jersey Healthcare Fitness Connection. She is an AAI/ISMA (American Aerobic Assn. International/International Sports Medicine Assn) Certified Personal Trainer, as well as American Red Cross Certified Heartsaver CPR, AED, and First Aid.

**Bob Regan**, Genzyme Therapeutics

### *...and our Roundtable Facilitators*

**Michael Dubrow**, ThyCa Central New Jersey Support Group Facilitator

**Evelyn Gross**, ThyCa Philadelphia Support Group Facilitator

**Kim Samuel**, ThyCa Southern New Jersey Support Group Co-Facilitator

**Louise Samuel**, ThyCa Southern New Jersey Support Group Co-Facilitator

### *...and Special Thanks to...*

Genzyme Therapeutics

South Jersey Healthcare Fitness Connection

Louise Samuel, Workshop Coordinator

As well as Michael Dubrow, Evelyn Gross, and Kim Samuel

And the volunteers of the ThyCa Southern Jersey Support Group

And the "Unseen" ThyCa Volunteers around the country who helped



www.thyca.org

## *Program Schedule*

9:00 a.m. **Registration, Displays, Informal Conversation.**

9:45 a.m. **Welcome.** Kim Samuel and Louise Samuel, ThyCa Southern New Jersey Support Group Co-Facilitators

10-10:30 a.m. **Getting To Know You: Discussions/Roundtables.** Michael Dubrow, Evelyn Gross, Kim Samuel, Louise Samuel

10:30 - 10:45 a.m. Break

*Session Choices:*

10:45-11:45 a.m. **Post-Operative Surveillance and Follow-Up Testing.** Glenda Smith, M.D. *Community Room*

10:45-11:45 a.m. **Be Your Own Advocate.** Kim Samuel. *Board Room*

11:45 a.m. -12 noon. Break

*Lunch Roundtable Choices*

12:00 - 12:50 p.m. **Thyrogen Roundtable.** Bob Regan, Genzyme Representative. *Board Room*

12:00 - 12:50 p.m. **Survivors' Roundtable.** Michael Dubrow. *Community Room*

12:00 - 12:50 p.m. **Caregivers' Roundtable.** Bob and Louise Samuel. *Community Room*

12:50 - 1:00 p.m. Break

*Session Choices*

1:00-2:00 p.m. **Thyroid Surgery.** Andrew S. Heller, M.D. *Community Room*

1:00-2:00 p.m. **Healthy Lifestyles.** Brittany Raup, Certified Personal Trainer. *Board Room*

2:00-2:30 p.m. **Closing Roundtable and Feedback Discussions.** Michael Dubrow, Evelyn Gross, Kim Samuel, Louise Samuel